

ABSTRACT OF THE DISCLOSURE

Disclosed is an optimal recording method for optical recording media which is capable of recording information about optimum recording conditions on an optical recording medium in order to allow a subsequent recording of data at an optimum recording power, based on the recorded optimum recording condition information. In this method, test data is recorded to allow derivation of an optimum power value based on reproduction characteristics of the test data. An intrinsic recorder ID information of an optical recording/reproducing apparatus, used to record data on the optical recording medium, and information about the record speed of the apparatus are recorded, along with the derived optimum power value, onto the count area of the optical recording medium or respective lead-in areas of sessions. The apparatus reads out the recorded optimum recording condition information when data is subsequently recorded onto the optical recording medium. When it is determined based on the read optimum recording condition information that both the read ID code and record speed are identical to those of the apparatus, data is recorded at the optimum recording power value derived based on the optimum recording condition information. The optimum recording condition information is updated while reflecting a variation of the recording environment.